



AMERICAN  
UNIVERSITY OF BEIRUT  
MEDICAL CENTER

المركز الطبي في الجامعة الأميركية في بيروت

# Palliative Care National Conference

## Dignity in Palliative Care and at End-of-Life

October 28, 2023

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**Syllabus**



# Overview

This conference is an interdisciplinary activity that brings together all Palliative Care stakeholders in Lebanon to raise awareness about the importance of Palliative Care for patients living with chronic illnesses as well as to identify gaps and challenges facing the Palliative Care discipline and put together a plan of action.

During our conference, we will shed the light about the importance of dying in dignity. We will focus on the role of spirituality in palliative care and the challenges faced by the Lebanese healthcare professionals in addressing this dimension.

The conference will be held in collaboration with the National Lebanese Palliative Care Society and the Lebanese Association of Palliative Care Nurses.

## Target Audience

This activity is designed for healthcare professionals (physicians, nurses, social workers, psychologists, pharmacists, and other clinicians) who are interested in improving their clinical practice related to the provision of care for patients with serious illness.

## Objectives

By the end of this conference, healthcare professionals will be able to:

1. Describe the current status of Palliative Care services at the hospital and community levels in Lebanon.
2. Identify gaps for better provision of Palliative Care in Lebanon.
3. Develop a clear roadmap to resolve these gaps.
4. Recognize the value of dying in dignity and the role of Palliative Care in achieving this goal.

## Registration

Registration to this conference is FREE!

Pre-registration is required; only those pre-registered can attend the conference.

## Accreditation Statement

This conference has been approved for Lebanese Order of Physicians and Order of Nurses in Lebanon credits.



# Chairman & Activity Director

**Rana Yamout, MD**

President of the Lebanese Palliative Care Society  
Director of the Palliative and Supportive Care Program  
Assistant Professor of Clinical Anesthesiology  
Naef K. Basile Cancer Institute  
American University of Beirut Medical Center

# Organizing Committee Members

**Arafat Tfayli, MD, FRCP**

**Hiba Moukadem, MD, MS**

**Janane Hanna, RN, MSN, AOCNS**

**Silva Sailian, RN, MPH, PhD**

**Myrna Doumit, PhD, MPH, RN, FAAN**



# Speakers and Moderators

## **Pierre Anhoury, MD, MPH, HRM**

International Technical Expert  
Advisor to the Minister of Public Health

## **Hala El Amin, MS**

Licensed Clinical Psychologist  
Psychiatry Department  
Palliative and Supportive Care Program  
American University of Beirut Medical Center

## **Rebecca El-Asmar, MSN, RN, AOCNS**

Adult Oncology Clinical Nurse Specialist  
Nursing Department  
American University of Beirut Medical Center  
Beirut, Lebanon

## **Roula Farah, MD**

Clinical Associate Professor  
Pediatrics, Hematology & Oncology  
Lebanese American University Medical Center–Saint John’s Hospital  
Founder and President of Chance Association

## **Janane Hanna, RN, MSN, AOCNS**

Pain & Palliative Care Clinical Nurse Specialist  
Academic Associate Hariri School of Nursing  
American University of Beirut

## **Rima Karaki**

Media Personality  
Talk Show Host & Producer  
International Speaker  
Media Consultant  
Author & Social Activist

## **Marianne Majdalani, MD**

Associate Professor of Pediatrics, Pediatric Critical Care  
Director of Pediatric Intensive Care Unit  
Head of Division of Pediatric Critical Care  
Interim Director of the Salim El-Hoss Bioethics and Professionalism Program  
American University of Beirut Faculty of Medicine  
Department of Pediatrics and Adolescent Medicine  
Beirut, Lebanon

**Hiba Moukadem, MD, FRCP**

Instructor of Clinical Medicine  
Naef K. Basile Cancer Institute  
American University of Beirut Medical Center

**Dolly Noun, MD**

Instructor of Clinical Speciality  
Pediatrics, Hematology and Oncology  
Children's Cancer Center of Lebanon  
American University of Beirut Medical Center

**Maya Romani, MD, DipIBLM, TTS, CCWS**

Assistant Professor  
Director, Health and Wellness Center  
Director, Healthcare Professional Development Center  
Associate Director, Family Medicine Residency Program  
Faculty of Medicine, American University of Beirut, Lebanon

**Silva Sailian, RN, MPH, PhD**

Assistant Professor  
Hariri School of Nursing  
President of AUB Chi Iota Chapter, STTI  
American University of Beirut

**Arafat Tfayli, MD, FRCP**

Professor of Clinical Medicine  
Director of Collaboration, Naef K. Basile Cancer Institute  
Chairman of the Palliative Care Committee  
American University of Beirut Medical Center

# Scientific Program

9:00–9:15

Welcome Note  
Rana Yamout, MD

## Session One

Moderators:

Rebecca El Asmar, MSN, RN, AOCNS – Hiba Moukadem, MD, MS

9:15–9:45

Palliative Care in Lebanon:  
Past, Present and Future.

Speaker: Janane Hanna, RN, MSN, AOCNS

9:45–10:15

Serious Illness Conversation—Legal and Ethical Aspects.

Speaker: Rana Yamout, MD

10:15–10:45:

Roundtable Discussion Moderator:  
Dolly Noun, MD

Pediatric Palliative Care in Lebanon:

Where We Are and How to Move Forward.

Participants: Marianne Majdalani, MD, Roula Farah, MD, and Janane Hanna, RN, MSN, AOCNS

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10:45–11:00

Opening Ceremony.

Rana Yamout, MD & Silva Sailing, RN, MPH, PhD

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11:00–11:15

Coffee Break/Symposium



## Session Two

**11:15–11:35**

Wellbeing Workshop 1:  
**Introducing Mindfulness for Healthcare Professionals.**

**Speaker:** Hala El Amin, MS

**11:35–13:05**

Moderator:

**Janane Hanna, RN, MSN, AOCNS**

Lebanese Palliative Care Programs:  
**Presentations**

**13:05–14:00**

**Lunch Break**

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## Session Three

**14:00–14:20**

Wellbeing Workshop 2:  
**Practical Strategies to Prevent Burnout Among Healthcare Professionals.**

**Speaker:** Maya Romani, MD, DipIBLM, TTS, CCWS

**14:20–14:40**

**Dignity at End-of-Life.**

**Speaker:** Silva Sailing, RN, MPH, PhD

**14:40–15:45**

Roundtable Discussion Moderators:

**Arafat Tfayli, MD, FRCP and Pierre Anhoury, MD, MPH, HRM**

**Roadmap for Better Provision of Palliative Care.**

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## Session Four

**15:45–16:55**

Roundtable Discussion Moderator:

**Rima Karaki**

**Different Spiritual and Religious Considerations at End-of-Life.**

**17:00**

**Adjourn**



Dying with dignity isn't  
just about physical comfort;  
it's also about finding  
inner peace and spiritual  
fulfillment as we approach  
the end of life.



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## Contact Information

For more information about this conference, kindly contact:

Healthcare Professional Development Center

**Tel:** +961-1-350 000 **ext** 4717/4752

**Fax:** +961-1-744 467

**Email:** [hpdc@aub.edu.lb](mailto:hpdc@aub.edu.lb)

**Web:** <http://hpdc.aub.edu.lb>